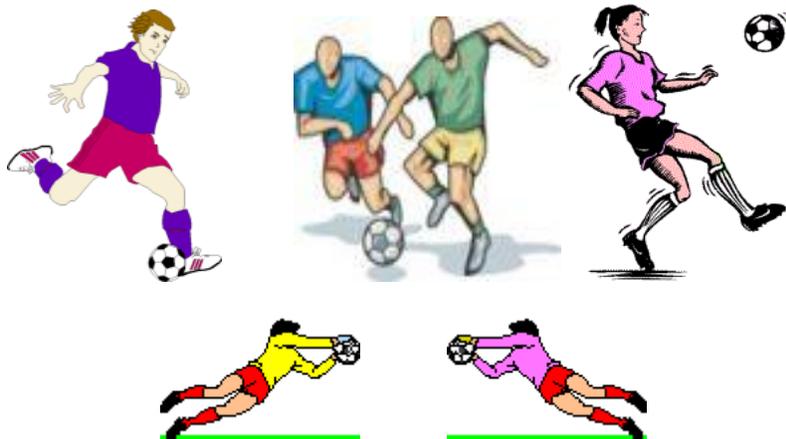




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**Regina North Zone Indoor Soccer  
Community Indoor Soccer Rules**

**4U and 6U**



***"Recreational Soccer Emphasizing Sportsmanship, Skill  
Development and Fun"***

(Revised October, 2011)

# Regina North Zone Indoor Soccer Association

## Community Indoor Soccer Rules

# 4U and 6U

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## INTRODUCTION

Regina North Zone Indoor Soccer has developed these indoor soccer rules in such a way as to best interpret the intent and spirit of the game of soccer while taking into account the obvious limitations of different facilities and the age of the participants. The purpose of the league is for fun and exercise, not winning. The emphasis during games is on player safety.

### 4U Age Group

At the entry level in indoor soccer which involves 3 & 4 year olds, there is some structure applied to the game, though the rules are very limited in nature.

The key aspects to this age group are that the players:

- learn to socialize properly
- understand the fundamentals of moving the ball
- understand the basics of fair play and sportsmanship
- learn to follow basic instruction
- learn to be part of a team
- have fun in a semi-structured game.

To that end, we do not expect much more of the **4U** age group than the most basic set of rules for both the coaches and players to be followed. We do have on-field game referees to help govern play and enforce the basic rules.

### 6U Age Group

At the age of 5 & 6 years old, the game is changed to allow for more emphasis on skill development and adherence to rules that will allow the players to prepare for entry into the 8U age group which uses full indoor rules.

The players are still expected to learn respect as part of the game, as well as more detailed actions, footwork, and general rules that make up the game of soccer.

While coaches are encouraged to try to advance their team as much as possible, it is important to remember that the teams are still in early learning phases.

The **6U** age group has on-field game referees to govern play and enforce rules.

To this end, there are rules for both coaches and players that are designed to advance the sport and infuse the need for respect on the field during any game ... towards officials, coaches, spectators, and the other players as well.



## SUMMARY OF RULE ADAPTATIONS

For the gym facilities commonly used for community soccer, FIFA indoor and outdoor soccer laws will be adopted, with the following adaptations:

- smaller playing area dimensions;
- fewer players;
- unlimited substitution;
- live walls;
- dead goal area;
- for goal kicks the ball will be placed on the penalty area line and opposing players will have to remain at the centre line;
- no corner-kicks, kick-ins or throw-ins;
- no off-side; and
- no direct kicks or penalty kicks.

The size of the playing area and the age group of the players will determine the appropriate dimensions of the goal area and penalty area, and the size of the goals. The league will assign facilities, determine playing area dimensions and provide goals, as they deem appropriate for the various age groups.

In the interest of safety, the following adaptations are made:

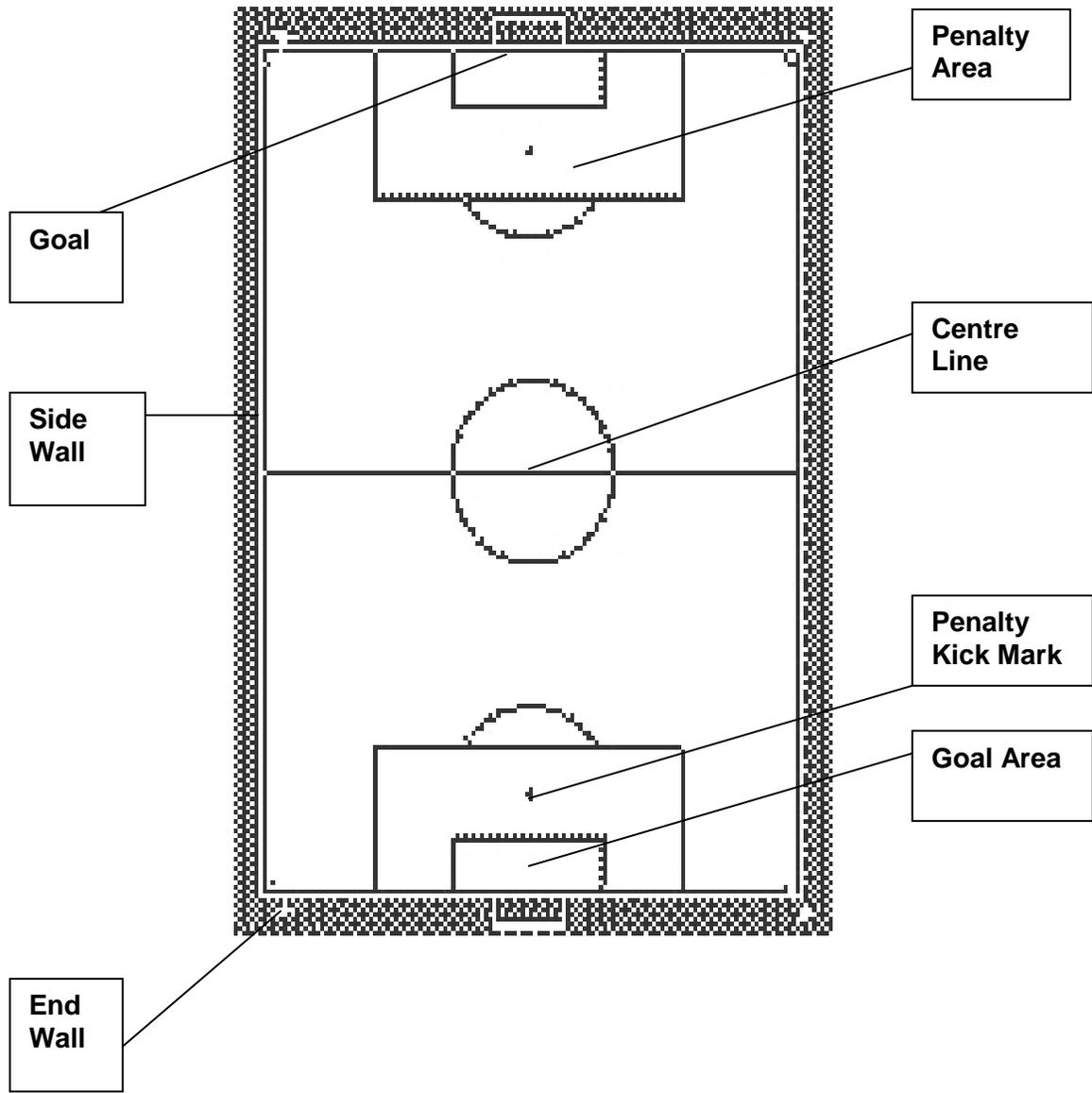
- No player other than the goalkeeper *may* enter the goal area while the ball is in play;
- The goalkeeper *may* handle the ball in the goal area only (and not in the penalty area);
- No slide tackles, slide kicks, or bicycle kicks are allowed.



**LAW 1. THE PLAYING AREA**

1. The playing area will be adequate in size and free from hazards. The playing area will be rectangular in shape with the side walls greater in length than the length of the end walls. The playing area will be divided into two halves by the centre line. The centre mark will be indicated at the midpoint of the centre line. The surface of the playing area will be flat, smooth and non-abrasive.
2. Walls immediately surrounding the playing area will be regarded as part of the playing area except under the crossbar and between the goal posts. Walls are live and the ball may be bounced off the walls during play. Ceilings with irregular surfaces will be considered as dead (out-of-play). Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, team benches, spectator's chairs or benches, etc.) play will be stopped. Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.
3. **THE GOAL AREA:** At each end of the playing area a rectangular area will be drawn that encloses the goals and extends outwards into the playing area. This Goal Area will be marked by tape on the floor. No player, other than the goalkeeper, will encroach within this area.
4. **THE GOALS** will be placed on the goal line and centered in the goal area. The **4U** and the **6U** age group will use the smaller plastic or metal nets. The goals will consist of two upright posts joined at the top by a horizontal crossbar.
5. **THE PENALTY AREA:** A larger rectangular area will be drawn that encloses the Goal Area and extends into the playing area. The Penalty Area will be marked by tape on the corners of the floor area. There are no restrictions on the number of players allowed in the penalty area.
6. **THE PENALTY KICK MARK:** The **4U** and **6U** age groups will not use the penalty kick mark.





## LAW 2. THE BALL

1. The ball will be spherical. The outer casing will be constructed of material which is not dangerous to the players. An officially-approved indoor soccer ball, preferably low-bounce, should be used.
2. The ball will be size 3 for all **4U** and **6U** year old teams.
3. The recommended pressure for indoor soccer balls is 50 kilopascals (6 lbs) or as indicated on the ball.

## LAW 3. NUMBER OF PLAYERS

1. For the **4U** and **6U** age groups the game will be played by two teams, each consisting of not more than six (6) players, one of whom will be the goalkeeper. (The League may modify the number of players on the playing area based on the suitability of facilities.)
2. Unlimited substitution will be allowed at any time during the game (on the fly, after goals, or when the ball is out of play), as long as the players leaving or entering the playing area do not interfere with the play or enable their team to gain an unfair advantage.
3. Any of the other players or substitutes may change places with the goalkeeper, provided that the referee is informed before the change is made and the change is made during a stoppage in play.
4. All players must be afforded equal playing time. Each player should play at least 50% of every game. Each child will be expected to have the opportunity to play every position before the season ends (Goalie is optional). Referees may warn coaches if they observe that this rule is being violated. If after receiving a warning, a coach persists in violating this rule, they will be reported to the league for further action.
5. There may be situations where there are insufficient numbers of players on one or both teams, and it is in the best interests of the game to modify the rules so as to allow a fair game to be played. Modifications may be made to the number of players on the playing area or players may be shared between the teams in order to allow a game to be played. These game modifications should be encouraged so as to provide a fun playing experience, but the changes must be agreed upon by the respective coaches and the referee.

## LAW 4. PLAYERS' EQUIPMENT

1. Compulsory equipment will consist of a numbered shirt or jersey, shorts, socks, shin pads and footwear designed for indoor use such as tennis, basketball or soccer athletic runners. Footwear with rubber or metal cleats are not allowed. Footwear must have non-marking soles. The shirt or jersey should be tucked in. Shin pads must be fully covered by socks or sweatpants. Cycling or other types of athletic shorts are permitted. Jeans, jean shorts, or any bottoms with belt loops will not be permitted. All players on the same team will wear the same colored shirts and will not have identical numbers. When issued with shirts that the player will keep after the season, players



may place their name on the shirt. Names are limited to the player's first and/or last name. Nicknames are not allowed.

Goalkeepers will wear colours (pinnies) which are distinguishable from all other players and referees. Goalkeepers are permitted to wear sweatpants. Team colours will not conflict with those of the official uniform for referees (black with white trim). Pinnies may need to be worn by one of the teams when the two teams are wearing similar colours or when a team wears colours that may be confused with the referee. (Referees are permitted to wear referee jerseys of colours other than black as long as they do not conflict with team or goalkeeper colours.)

2. Non-compulsory equipment. No article of clothing that covers the neck such as a neck scarf will be allowed. Players are not allowed to play wearing baseball hats, bandanas or other headwear unless for religious or medical reasons. Religious or medical headwear, must be identified to the league executive, approved by the executive in writing and the coach must retain the approval letter for referee inspection at each game.
3. Players will not wear anything which endangers themselves or other players (including any kind of jewellery). It is strongly recommended that jewellery be removed. If it cannot be removed it must be taped. All non-prescription glasses must be removed. Casts, guards and braces that run up the knee or cover the arms are strictly prohibited unless covered or padded by some soft material to protect other players from injury. The referee must inspect and approve the covering of jewellery, casts, guards and braces before play is allowed. Goalkeepers may wear volleyball style knee pads. Medic alert bracelets, anklets, necklets, etc. are permitted but may need to be taped to make them safe.

## LAW 5. THE REFEREE

1. Each **4U** and **6U** match will be controlled by a referee, who has the authority to enforce the Laws of the Game in connection with the match to which he has been appointed, from the moment he enters the premises where the playing area is located until he leaves the facility. The referee's authority will extend to offences committed when the game is in progress or when the game is stopped.
2. The referee will:
  - a) enforce the Laws of the Game and the regulations of the competition;
  - b) decide if the ball, the playing area, and other equipment are suitable;
  - c) ensures that the player's equipment meets the requirements of Law 4;
  - d) signal the start of the game, the restart after a stoppage, and the end of play;
  - e) act as the official timekeeper of the match controlling the start and stoppage of play and the assessment of time penalties;
  - f) have discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, as a result of any kind of outside interference (for example, interference by spectators), or any other cause;



- g) stop the game if, in the opinion of the referee, a player is seriously injured, and ensure that this player is removed from the playing area, or allow play to continue until the ball is out of play if a player is, in his opinion, only slightly injured;
  - h) require that a player who is bleeding must leave the playing area and be assisted by a coach/manager. A substitute must replace the affected player. The bleeding must be stopped and the wound covered before the player is allowed to return to the playing area. If any part of the player's uniform is saturated with blood, that uniform part must be changed before the player can return to the game. Referee's discretion will determine if a "bleeding situation" has been sufficiently managed to allow a player's return to the playing area;
  - i) refrain from penalizing in cases where the referee is satisfied that, by doing so, an advantage would be given to the offending team; or allow play to continue if the team against which an offence has been committed stands to benefit from such an advantage, and penalize the original offence if the anticipated advantage does not ensue;
  - k) verbally warn any player guilty of misconduct or unsporting behavior, and, if the offender persists, suspend such person from further participation in the game;
  - l) send from the playing area and its vicinity any player who, in the opinion of the referee, is guilty of serious misconduct, violent conduct or serious foul play, or the use of foul or abusive language;
  - m) punish the more serious offence if a player commits more than one offence at the same time;
  - n) control who may enter or leave the playing area;
  - o) warn any team official guilty of misconduct or unsporting behaviour, and if the offender persists, suspend such person from further participation in the game;
  - p) report, in writing, to the appropriate authority, any misconduct by players, coaches, spectators or other persons which takes place on the playing area or within its vicinity at any time prior to, during, or after the game.
4. Coaches are responsible for the conduct of their players and spectators. The league will not tolerate coaches, spectators or other persons committing acts of misconduct, harassment, verbal abuse, foul language or abuse of the referee. Referees have the right to stop a game to discuss with coaches any improper behaviour taking place on or off the playing area and to request the coach's assistance to resolve problems, warn offenders and if necessary to direct offenders to leave the vicinity of the playing area. If the offender persists in these actions the referee will direct the game to be suspended. All instances of this sort must be reported to the league for further discipline.
5. The decisions of the referees regarding facts connected with play, including whether or not a goal is scored and the results of the match, are final. The referee may only change a decision if they realize that it is incorrect or if they deem it necessary to do so, provided that play has not restarted or the match has not ended.



## LAW 6. DURATION OF THE GAME

1. The duration of the **4U** game will normally consist of a ten(10) minute warm-up practice and two twenty (20) minute halves with a five (5) minute break in-between the halves.
2. The duration of the **6U** game will normally consist of a ten (10) minute warm-up practice and two twenty (20) minute halves with a five (5) minute break in-between the halves.
3. If necessary, coaches and the referee can adjust the duration of games when scheduling issues require longer or shorter games.

## LAW 7. START AND RESTART OF PLAY

1. At the beginning of the game, coaches should designate a player to act as "Captain". The "Captain" will be called to the centre mark by the coach or referee. Choice of kick-off will be decided by the toss of a coin or by another method such as "Rock-Paper-Scissors". Coaches should rotate this "Captain" responsibility amongst the players. The team winning the toss will take the kick-off and the other team will kick-off to start the second half of the game.
2. At the kick-off, all players will be in their own half of the playing area. All players opposing the team taking the kick-off will not be less than 3 metres from the ball when it is kicked off. The ball must be stationary on the centre mark. The game will be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of this Law, the kick-off will be retaken.
3. A goal may **NOT** be scored directly from the kick-off due to the small playing surfaces. A goal can only be scored if the ball subsequently touches a player other than the opposing keeper before it enters the goal. If a ball is kicked from the kick-off directly into the opponent's goal or strikes the opposing keeper before entering the goal, a goal kick is awarded to the opponent.
4. Should the player who took the kick-off touch the ball a second time before it has been touched or played by another player, an indirect free kick will be awarded to the opposing team to be taken from the position of the ball when the infringement occurred.
5. After a goal has been scored, the game will be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.
6. If, while the ball is still in play, the coach or referee is required to stop play temporarily for any reason not mentioned elsewhere in these rules, the game is restarted with a dropped ball from the place where the ball was located when play was stopped. If play was stopped with the ball inside the goal area, the referee will drop the ball on the penalty area line parallel to the goal line at the point nearest to where the ball was located when play was stopped.



7. For the drop ball one player from each team will stand facing each other and the referee will drop the ball between them to restart play. Other players will be at least three (3) metres from the spot of the drop ball. The ball is dropped from the waist height of the shortest of the two players. The ball will be in play as soon as it touches the floor. Once the ball has touched the floor players may kick it. The ball is dropped again if it is touched by a player before it makes contact with the floor, or if the ball leaves the playing area after it makes contact with the floor without a player touching it.

## **LAW 8. BALL IN AND OUT OF PLAY**

1. The ball is out of play:
  - a) when play has been stopped by the coach referee;
  - b) when the ball strikes the ceiling; and
  - c) when a goal has been scored.
2. The ball is in play at all other times, including:
  - a) when it rebounds into play from the goal post, a crossbar rebound, boards or walls;
  - b) when it rebounds from the referee when the referee is within the playing area.

Whether a ball is in play or not is important in determining what actions are allowed under the Laws of the Game. For, example, when the ball is live, a goalkeeper is allowed to throw or kick the ball out from their goal area. When the ball is out of play, the goalkeeper will use a goal kick to restart play (see Law 14). A goalkeeper cannot score a goal against an opponent from within their goal area (Law 9 Article 5 (d)), “keeper-to-keeper”, when the ball is live (in-play). The goalkeeper can, however, score a goal against an opponent from a goal kick when the ball is restarted in play (Law 14).

3. Where obstacles exist in the facility (i.e. basketball backboards, court-separating curtains, players’ benches, spectators’ chairs or benches, etc.) the referee will decide if play will continue when the ball strikes or is stuck behind the obstacle in an inaccessible location. If the coach or referee decides that play can continue they will encourage spectators and substitutes to throw the ball back into the field of play within three seconds. Longer delays may result in the play being blown dead and a drop ball will be used for the restart. Play will not continue in circumstances that may create unfair advantage for either team or when an unsafe situation is created with players chasing after the ball and getting caught up in the obstacles.
4. If the referee has to stop play for a ball that has gone out of play behind a player’s bench or into the spectator’s viewing stands, the ball will be given to the defending team in their half of the field for an indirect free kick restart regardless of which team may have touched the ball last. For the restart the ball will be placed 3 metres from the nearest side wall at a point on the floor closest to where the ball left the playing area.
5. In the case of the referee stopping play due to a ball striking an obstacle such as a basketball backboard or a court-separating curtain then a drop ball will be used to restart play. For any stoppage against a wall or when the ball is trapped in an unplayable position, or when the ball leaves the playing area through an open doorway, the coach or referee will stop play. The game is restarted by dropping the ball 3 metres from the boundary/obstacle.



6. A ball striking the ceiling will be blown dead and the opposing team will receive the ball for a restart with an indirect kick at a point on the floor closest to where the ball struck the ceiling. When the ball strikes the ceiling above the goal area, the ball will be placed on the edge of the penalty area and awarded to the opposing team for a restart from that point.

## **LAW 9. METHOD OF SCORING**

1. A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar unless a member of the attacking team, including the goalkeeper, has deliberately carried, thrown or struck the ball with his hands or arms, and provided that the scoring team has not previously infringed the Laws of the Game.
2. The referee will be the sole judge as to whether a goal has been scored.
3. During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play will be stopped. The referee will restart the game by dropping the ball in accordance with Law 7 Article 8.
4. The goalkeeper cannot score on the opponent's net from inside their goal area by throwing or kicking the ball unless the ball is touched by a player other than the opposing goalkeeper. An indirect free kick is awarded to the opposing team if the ball enters their goal area having not been touched by another player. This indirect free kick is taken from the edge of the goal area.

A goal may be scored by a goalkeeper from a goal kick (see Law 14) into their opponent's goal or by the goalkeeper leaving their goal area, acting as an ordinary player and kicking or heading the ball into the opponent's goal.

5. When the ball is LIVE and subsequently placed by a keeper outside of the goal area or on the goal line, it may be played by any member of either team as long as no goal area violation occurs. If an opposing player kicks the ball into the net, a goal will be scored. If the keeper kicks the ball into the opponent's net, a goal will be scored.

## **LAW 10. OFF-SIDE**

1. There is no off-side in indoor soccer given the small playing surface. Players shall not be coached or encouraged to play deliberately offside ("Cherry Picking").

## **LAW 11. FOULS AND MISCONDUCTS**

Fouls and Misconducts can occur even in the youngest age groups. Yellow and Red cards are not used in the 4U and 6U age groups. All misconducts and fouls will result in an indirect kick being awarded to the opposing team. Players will be verbally warned of the misconduct or foul and the explanation should tell the player what they did wrong so they can learn from the experience. Players can be sent off the playing area depending on the severity of the foul or misconduct. Time penalties will not be used in these age groups.



## 1. INDIRECT FREE KICK

- a) Coaches or referees will award an indirect free kick to the opposing team if a player commits any of the following infringements in a manner considered by the referee to be careless, reckless or excessively forceful:
- kicking or attempting to kick an opponent while attempting to strike the ball;
  - tripping or attempting to trip an opponent, either by sliding or by bending down in front of or behind an opponent, while attempting to strike the ball;
  - jumping at or on an opponent;
  - charging an opponent from behind while attempting to play the ball;
  - charges the goalkeeper or another player;
  - striking or attempting to strike an opponent;
  - boarding an opponent (i.e. contact between players which forces an opponent into the perimeter wall);
  - tackling an opponent.
- b) An indirect free kick will also be awarded to the opposing team if a player commits any of the following infringements:
- pushing or holding an opponent;
  - spitting at an opponent;
  - sliding in an attempt to play the ball while an opponent is playing it or is about to play it (sliding tackle), except for the goalkeeper in his own penalty area, provided that he does not endanger the safety of an opponent;
  - tackles an opponent from behind in a manner which could cause injury;
  - using a bicycle kick or other kick where the leg is raised high enough and in a reckless manner so as to pose a danger to other players;
  - touching the opponent before the ball when attempting to win possession;
  - handles the ball deliberately i.e. carrying, stopping, striking, propelling or throwing the ball with one's hands or arms, (except for the goalkeeper in his own goal area.)

A hand ball occurs when a player has touched the ball deliberately with their hand. The "hand" is defined as being from the tip of the finger to the top of the shoulder. A player who raises their arm to protect themselves from being struck from a ball kicked at them from another player is not guilty of a hand ball. Similarly a ball that has been kicked and strikes a hand is not a handball. Accidental or defensive touches of the ball with the hand are not considered to be hand balls. The general rule is that a "ball striking the hand" is not a hand ball. A hand ball is when the "hand strikes the ball" with the deliberate intent to gain an unfair advantage or to change the direction of the ball.

- c) The indirect free kick will be taken from the place where the infringement occurred, unless the free kick has been awarded to the defending team in its own penalty area, in which case the free kick may be taken from any point inside the penalty area in accordance with Law 12 Article 3.
2. An indirect free kick will be awarded to the opposing team from the place where the infringement occurred if, in the opinion of the coach or referee, a player:
- plays in a dangerous or out-of-control manner;
  - impedes the progress of an opponent or deliberately obstructs an opponent when not playing or in possession of the ball. This includes standing between the opponent and the ball so as to form an obstacle. Obstruction is not called when a player has a ball and is shielding so as to prevent an opposing player from stealing the ball or if the ball is kicked downfield and a player attempts to run through an opponent who has established position.
  - prevents the goalkeeper from throwing the ball with his hands;



- uses the walls to delay play, to obstruct an opponent or to gain an unfair advantage in the playing of the ball;
- plays the ball while lying on the ground or while having a hand/knee on the ground;
- indulges in tactics which, in the opinion of the referee, are designed merely to hold up the game thus wasting time, and so give an unfair advantage to his own team;
- commits any other infringement not otherwise mentioned in Law 11 for which play is stopped to caution or dismiss a player.

Referees should pay close attention to the nature of any infringement. Circumstances where a player intentionally violated a rule should be differentiated from situations where it is clearly not intentional, occurred while attempting to avoid an infraction or is an involuntary action.

3. An indirect free kick will be also be awarded to the opposing team from the place where the infringement occurred if, in the opinion of the referee, a player commits any of the following infringements:
  - unsporting behaviour;
  - shows by word or action, dissent from any decision given by the referee;
  - persistent infringement of the Laws of the Game;
  - delaying the restart of play;
  - failure to respect the required distance when play is restarted with a goal kick or free kick;
  - enters, re-enters or leaves the playing area after the game has commenced without the referees' permission.
4. A player or a substitute will be sent off, if in the opinion of the referee, he commits any of the following offences:
  - serious foul play;
  - violent conduct;
  - spitting at an opponent or any other person;
  - denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (with the exception of a goalkeeper inside his own goal area);
  - denying an opponent moving towards the player's goal an obvious goal scoring opportunity by committing an offence punishable by a free kick or a penalty kick;
  - using offensive, insulting or abusive language or gestures;
  - disrespectfully addressing or intentionally making contact with the game official;
  - taunting or fighting;
  - persistent dissent by words or actions to the referee;
  - persisting in misconduct after receiving a verbal warning.

The sent-off player must leave the playing area for the remainder of the game. The player may not sit with his team mates on the player's bench but is allowed to sit in the stands with the spectators.

## 5. GOAL AREA RULES

- a) An indirect free kick will be awarded to the opposing team (with the ball being placed on the forward edge of the penalty area) if a goalkeeper commits any of the following offences:
  - A keeper may make contact with the ball with their hands only while in the goal area. A keeper cannot start with the ball in their hands in their goal area, take it out of their goal area and then bring it back into the protection of their goal area with the ball still in their hands.



- A keeper may not handle the ball for more than 6 seconds within his or her goal area. The goalkeeper only has 6 seconds to distribute the ball outside of the goal area. Dropping the ball to their feet inside the goal area does not stop the count.
  - A keeper may not pick-up the ball with their hands when a teammate's foot passes it back to them. The ball can be headed, chested, kneed, or legally directed with the body back to the keeper by a teammate without penalty.
  - A keeper may go out of their goal area to gain possession of the ball with their feet and then bring it back into the protection of their goal area. In this circumstance the keeper is not allowed to play the ball with their hands.
  - A keeper may not kick or throw the ball deliberately out of play to delay the game or to force a stoppage of play for a substitution or for any other reason.
- b) No player is allowed in the goal area when the ball is in play other than the goalkeeper. If an offensive player deliberately steps inside the opponents' goal area, or passes any part of the foot in the air above the goal area, or with intent to gain advantage passes through the goal area, or makes contact with the ball when the ball is wholly in the goal area, play will be stopped. The keeper plays the ball out with a goal kick (see Law 14).

If a defensive player steps inside the goal area, or passes any part of the foot in the air above the goal area, passes through the goal area or makes contact with the ball when the ball is wholly in the goal area, the referee will apply the advantage rule, allow play to continue until the advantage is lost or a goal scored, and then at the next stoppage of play deal with the misconduct. If in the opinion of the referee the defensive player deliberately enters the goal area with the intent to interfere with play, or try to provoke a stoppage in play, the referee will stop play and award the attacking team an indirect free kick from the edge of the penalty area closest to where the offence took place for the restart unless a goal has been scored.

If in the opinion of the referee a player has entered the opponents' or their own goal area and that action has no consequence to the play or was clearly an accidental act then the referee may instruct play to continue and verbally warn the player to correct their behaviour.

- c) If a defending player enters the goal area and a goal is scored, the goal is to be allowed in accordance with the Advantage Rule (Law 5 (2) (i)).
- d) Goalkeepers should avoid throwing or kicking the ball from their goal area directly to the other goalkeeper positioned in their goal area. (Directly means a ball kicked or thrown without striking a wall, the floor or another player). As indicated in Law 9 Article 4 goalkeepers cannot score on the opponent's net from inside their own goal area by throwing or kicking the ball unless the ball is touched by a player other than the opposing goalkeeper. If a goalkeeper has thrown or kicked the ball directly to the other goalkeeper, the referee should give a verbal warning to the offending goalkeeper. If in the opinion of the referee, the ball could have been played by a player of either team on its path from one keeper to the other, the referee will not call this a keeper-to-keeper infraction.



## LAW 12. FREE KICK

1. All free kicks in the 4U and 6U age groups will be indirect. A goal cannot be scored from an indirect kick unless the ball has been touched by another player before crossing the goal line.
2. If an indirect free kick is kicked directly into the opponent's goal, a goal kick is awarded to the opposing team. If an indirect free kick is kicked directly into the team's own goal, a direct kick is awarded to the opposing team to be taken from the edge of the penalty area closest to where the offence took place.
3. For any infringement of the Laws of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick will be taken from the place where the offence occurred, with the following exceptions.
  - a) Any free kick awarded for an offence committed close to the wall will be taken 3 metres from the wall, at the point nearest to where the offence occurred.
  - b) Any indirect free kick awarded to the attacking team within its opponent's penalty area will be taken from the part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.
4. When a defending team is taking a free kick from inside its own penalty area, all opponents will remain outside the centre line. The ball will be deemed in play immediately after it has passed the centre line. If the ball is not kicked directly passed of the centre line, the kick is retaken.
5. At the taking of a free kick, the ball will be stationary and all opponents must be at least 3 metres from the ball until it is in play. The ball is in play when it has been kicked and moves.
6. A player taking a free kick will not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick will be awarded to the opposing team.
7. Players must retire the required distance to allow free kicks to be made. A player is not allowed to dance about or gesture in a manner calculated to distract an opponent or delay the taking of the free kick.

## LAW 13. PENALTY KICK

There are no penalty kicks to be used in 4U or 6U age groups. Fouls and misconducts in the penalty area will result in an indirect kick to the opposing team taken from the edge of the penalty area closest to the infringement.



**LAW 14. GOAL KICK**

1. Goal kicks will be used to restart play in cases of goal area violations as described in Law 11 Article 5 (b). If the ball goes behind the net play will restart with a goal kick. During a goal kick the goalkeeper will place the ball on the floor and kick it towards the opponents' end of the playing area. Goal kicks will be taken from any point within the penalty area by a player of the defending team. The ball is ruled live (in play) when it has passed the centre line. If the ball is not kicked directly past the centre line from a goal kick then the kick is retaken. Opposition players must remain outside the centre line area until the ball is in play.
2. Any player on the defending team may take the goal kick in place of the keeper.
3. A goal may be scored directly from a goal kick but only against the opposing team.
4. The kicker must not play the ball again until it has been touched by another player. If the kicker touches the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team with the kick taken from the edge of the penalty area closest to where the offence took place.
5. A player who does not retire the required distance, or who dances about or gestures in a manner calculated to distract a goalkeeper or other player taking a goal kick may be warned by the coach or referee. A goalkeeper who delays the taking of a goal kick may be warned by the coach or referee.



## CODE OF CONDUCT

All players, coaches, league officials, referees, parents and spectators must comply with the following code of conduct. Remember the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches and league officials are volunteers.

We want the children and youth who take part in our league to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

Please help us to achieve this aim by abiding by this simple code:

- Play fair!
- Foul or abusive language from players, coaches, parents or spectators will not be tolerated.
- Never dispute a referee's decision - they are seeing the action from a different angle than you are and they can make mistakes, just like anyone.
- The health and safety of players is paramount. Do not encourage players to continue playing if they are obviously injured or unwell. Do not encourage players to cause injury to other players.
- Coaches are strongly advised to give all of their players an equal amount of playing time. It's no fun being on the sideline.
- Coaches, parents and spectators are expected to let all players play without being screamed and shouted at from the sidelines.
- Encourage and applaud all players, not just those on your team.
- Demonstrate respect for team-mates, coaches, referees and league officials.
- Respect the facilities in which you play.
- Maintain self-control at all times – it is only a game!!
- Always attempt to contribute to the betterment of the soccer experience.
- Respect your opponents at all times. Players and teams should always be humble in victory and gracious in defeat.

